



**PSGR KRISHNAMMAL COLLEGE FOR WOMEN**

**College of Excellence**

(An Autonomous Institution, Affiliated to Bharathiar University)  
(Reaccredited with 'A' Grade by NAAC, An ISO 9001:2015 Certified Institution)  
Peelamedu, Coimbatore-641004



# YOGA ACTIVITIES 2018-2019



## SWATCH BHARATH



Swachh Bharath as a revelation for yoga club members made them focus on the motto of clean society. As part of this initiative, they cleaned the CMC colony at variety hall road, Coimbatore. The awareness on cleaning the city made the public learn to keep their surroundings clean.



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## NATIONAL YOUTH DAY



Yoga Club conducted Inter-Collegiate level seminar on “Role of Swamy Vivekananda and Bharathiyar in Igniting the Youths towards Nations Growth” on 12 January 2019, which is celebrated as Swami Vivekananda birthday. Sree Ramana Bharathi (Krishna Jaganathan), Director Center for Bharathiya culture and Dharmic Studies, Thiruvannamalai delivered special address.



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## SWACHH BHARATH



Yoga club initiated Swachh Bharat campaign on 12.04.2019. Club volunteers involved in clean society and created awareness about cleanliness to the surrounding people.



## SURVEY-STOP DIABETICS MOVEMENT



Our club students and Satguru Yoga Vidyalayam, Coimbatore organised a survey on Diabetic patients and their food habits. They are also suggested some yoga asanas and exercises to control the sugar level in body.



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## **ATHMA SURAKSHA-SELF DEFENCE TRAINING FOR GIRLS**



Yoga club students participated in self- defence program conducted at Government College of Arts and Science on 13.02.2019.